

Swimming Gala Rules

All events are open age events, and therefore swimmers of any age can enter.

Each event will have a boys' race and a girls' race.

All races are a straight final. (Winners will be awarded champions certificates)

Swimmers are allowed to enter a maximum of 1 individual event and 1 relay.

Therefore, schools will need a minimum of 8 boy swimmers and 8 girl swimmers

ORDER of EVENTS:

2 x length Back stroke

2 x length Breast stroke

2 x length Freestyle (crawl)

1 x length Back stroke

1 x length Breast stroke

1 x length Butterfly

1 x length Freestyle (crawl) "A" race

1 x length Freestyle (crawl) "B" Race

1 x Medley relay (4 swimmers; 1 length each. Order: Back, B/Fly, Breast, Freestyle)

1 x Freestyle Relay (4 x swimmers: 1 length each)

NB: No diving will be allowed into the shallow end - swimmers start in the water!

Mixed 16 x 1 length T-Shirt Relay:

Swimmers are required to swim 1 length (any style) in a T-shirt that must be removed in the water and handed to the waiting swimmer who must then dress in the T-shirt before swimming off.

Teams that have less than 16 swimmers are allowed to have swimmers completing double legs but they must get undressed and dressed again before swimming consecutive lengths.

Points will be awarded as follows:

POINTS								
1st	2nd	3rd	4 th	5th	6th	7th	8th	9th
9	8	7	6	5	4	3	2	1
RELAY POINTS								
1st	2nd	3rd	4 th	5th	6th	7th	8th	9th
18	16	14	12	10	8	6	4	2

